

## The Secret to Happiness

It's in the Declaration of Independence: the right to the pursuit of happiness. We feel we deserve to be happy, and we strive for it in our lives. But what does being happy really mean, and how can we do it?

Happiness "is the overall sense of being satisfied with your life as a whole," says psychologist Ken M. Sheldon, Ph.D., assistant professor at the University of Missouri-Columbia.

Dr. Sheldon and Tim Kasser, Ph.D., associate professor of psychology at Knox College in Galesburg, Ill., say three top needs seem to drive happiness:

- ✿ **Autonomy** (a sense that you've chosen to do what you do)
- ✿ **Competence** (you're good at what you do)
- ✿ **Relatedness** (you feel close to others)

In general, if you're happy, you feel confident and in control. You're more optimistic, energetic, decisive and creative. You view the world as a safer place than those who aren't happy. You have high self-esteem and a sense of meaning to your life, and you're more capable of intimacy with others. "You're happy if you're doing the things that you want (and you're doing them well), and doing what brings you closer to other people," says Dr. Kasser. When you're happy, work and leisure activities use your strongest skills, you form close and supportive

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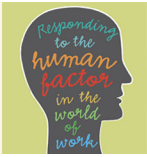
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relationships, and you're more willing to help others in need. You're also healthier. "Our body's immune system fights disease more effectively when

we are happy rather than depressed," says social psychologist David Myers, Ph.D., professor at Michigan's Hope College and author of "The Pursuit of Happiness." Just as happiness affects our overall health, your genetic makeup decides how happy you'll be -- something shown by studies with separately raised twins. "Our happiness fluctuates around our 'happiness set point,' which disposes some people to be ever upbeat, and others down," says Dr. Myers. Your happiness potential is a bit like your cholesterol level. Both are influenced genetically, as well as by diet, sleep and exercise. Your emotional attitude and the quality of your relationships with others also affect happiness. But being healthy doesn't mean you're happy, and vice versa. "There are plenty of people in poor health who are happy," says Dr. Sheldon. We humans tend to adapt to change, both positive and negative. "That helps explain why, despite the realities of triumph and tragedy, million-dollar lottery winners and people who become paralyzed report, after a while, roughly similar levels of happiness as before," says Dr. Myers. Whether you were happy or not in your past, you'll tend toward a similar degree of happiness today and in the future, no matter how your circumstances may change. However, "there's some indication that older people, above 60, are happier [than when they were younger]," says Dr. Sheldon. Why? Because, in their later years, they're likely to pursue goals based on personal fulfillment rather than obligation.

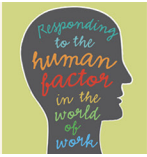
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## Steps to a happier life

- ☀ **Decide to be happy.** Think and act happy, so you can create the state of mind for yourself and inspire it in others.
- ☀ **Take control.** If possible, take charge of your time to make effective change in your life.
- ☀ **Set goals.** Choose ones that urge you forward yet also let you realistically reach them.
- ☀ **Engage your skills.** Seek work and leisure activities that challenge your talents and abilities without overwhelming you.
- ☀ **Be healthy.** Eat well, exercise regularly and get plenty of sleep.
- ☀ **Seek out others.** Surround yourself with happy people and nurture these relationships.
- ☀ **Reach out.** Be compassionate and focus beyond yourself, to help those in greater need.
- ☀ **Remain curious.** Stay open to new people and experiences so you continue to grow.
- ☀ **Keep perspective.** Take a moment each day to reflect on the positive things in your life that can make you feel grateful.

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## TAKE THE Diabetes QUIZ

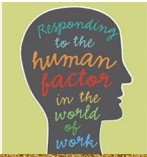
Test Your Knowledge Of Diabetes With This Quiz.

1. **Diabetes mellitus results from which of these?**
  - a. bacterial infection
  - b. high cholesterol
  - c. body chemistry errors
  - d. too much salt
2. **There are two categories of diabetes: type 1 and type 2. How many people with diabetes have type 2?**
  - a. 10 percent to 15 percent
  - b. 30 percent to 35 percent
  - c. 45 percent to 50 percent
  - d. 90 percent to 95 percent
3. **A certain gland or organ malfunctions in a person with diabetes. Which gland or organ is it?**
  - a. pituitary gland
  - b. pancreas
  - c. adrenal glands
  - d. kidneys
4. **Why is insulin critical in the chemistry of blood sugar?**
  - a. it enables glucose to enter cells
  - b. it lowers blood pressure
  - c. it raises cholesterol
  - d. it stabilizes sucrose levels
5. **Early management and control of diabetes will help avoid complications that may arise later. People with diabetes are at increased risk of developing which of these?**
  - a. heart disease
  - b. cancer
  - c. neurological damage
  - d. a and c
6. **Why are controlled eating and exercise so important if you have diabetes?**
  - a. they keep depression at bay
  - b. eating raises blood sugar; exercise lowers it
  - c. being overweight can be dangerous for people with diabetes
  - d. b and c
7. **Which of these can be one of the first signs of diabetes?**
  - a. nausea
  - b. headaches
  - c. recurrent skin infections
  - d. joint pain
8. **Type 1 diabetes occurs when the beta cells in the pancreas are destroyed. What destroys them?**
  - a. the immune system
  - b. environmental toxins
  - c. free radicals
  - d. bacteria
9. **A reversible diabetic condition can develop as a side effect of some drugs. Which of these can trigger diabetes?**
  - a. ibuprofen
  - b. antidepressants
  - c. thyroid medications
  - d. oral steroid medications
10. **Which ethnic groups are most likely to develop type 2 diabetes?**
  - a. Latinos
  - b. Black Americans
  - c. Caucasians
  - d. a and b

## THE ANSWERS

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1. **c, body chemistry errors.** The body fails to convert sugars and starches to glucose, its main energy source.
2. **d, 90 percent to 95 percent.** Most people with the disease don't know they have it. It most often develops in middle-aged, obese adults, although younger people, even children, can develop it.
3. **b, pancreas,** it produces insulin.
4. **a, it enables glucose to enter cells.** Insulin unlocks the cell door so that a chemical reaction can take place and produce energy.
5. **d, a and c.** People with diabetes are more likely to develop heart disease and neurological damage than people who do not have diabetes.
6. **d, both b and c.** For daily management, eating raises blood sugar, exercising lowers it. Each must be done carefully to balance blood-sugar levels. Over the years, a balance between eating and exercise prevents weight gain and obesity. Excess weight can make it more difficult to manage diabetes.
7. **c, recurrent skin infections.** Dehydration, common with diabetes, causes dryness and makes the skin prone to infection.
8. **a, the immune system,** but the reason is unknown. Heredity is not necessarily a factor.
9. **d, oral steroid medications.** Steroid medications like prednisone can trigger diabetes.
10. **d, a and b.** According to the National Diabetes Information Clearinghouse, African Americans, Hispanic/Latino Americans, American Indians, and some Asian Americans and Native Hawaiians or other Pacific Islanders are at particularly high risk for type 2 diabetes. Type 2 diabetes is increasingly being diagnosed in children and adolescents.



## How to Set and Achieve Professional Goals



If you want to accomplish something instead of drifting aimlessly, you have to set goals. Nowhere is this more relevant than in today's workplace.

"Setting professional goals is a game plan for yourself and your company," says Frank Arnold, D.P.A., associate professor of public administration and management at Saint Leo University in Saint Leo, Fla. "Knowing precisely where you're going and what you want to achieve puts you in the driver's seat. It helps you plan for your training and educational needs."

Moreover, goal setting is important in a team-oriented workplace. "You help your work group by ensuring your skills are current," says Paula deLong, a licensed psychologist and a counselor in the employee assistance program at Thomas Jefferson University in Philadelphia.

Goal setting is one of life's most difficult responsibilities-not because goals are so hard to establish, but because you may lack the motivation or courage to ask yourself what you want. "If you're like most people, you can't picture yourself outside of the safety and familiarity of your current comfort zone," Dr. Arnold says. Yet setting goals and achieving them can boost your effectiveness, increase your satisfaction in your accomplishments and deepen your self-confidence.

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### Keys to success

Keep the following guidelines in mind when setting professional goals:

First, ask yourself what will satisfy you and make you happy. Self-reflection requires you to face your dreams, fears, limitations and obligations to others.

Identify which skills you're proficient in and consider whether they can be used elsewhere in the organization.

Research what's involved in meeting your goals. Get a clear understanding of the skills, information or assistance you'll need to attain them.

Identify the incremental steps and deadlines involved in attaining your goals. If you want to attend graduate school for additional credentials, for instance, you must study for the entrance exam, take the exam, then apply for admission to the school.

Set specific goals. Setting goals that are vague or too large can result in frustration and discouragement and cause you to give up. "To become an expert in computers is a broad goal that could be overwhelming. Narrow your goal to make it more manageable," Dr. Arnold says. "Completing one course in Microsoft Word at the local community college is more reasonable."

Make your goals measurable. "This allows you to see progress and keeps you motivated," Ms. deLong says. "'Increase my sales quota by 10 percent this year' is an example of a measurable goal."

Set a time limit for achieving your goals, otherwise, you'll never see closure, only a long, pointless grind.

### Stay motivated

To stay motivated, acknowledge your progress and reward yourself along the way. Congratulate yourself for completing your first semester toward an advanced degree. Praise yourself for being promoted.

It's also important to remain flexible and positive. Your goals will change as you refine your career plan or as roadblocks appear that cause temporary detours, Dr. Arnold says, "goal setting is a dynamic, ongoing process that should always be part of your professional life."